



ESSENTIAL SHOPPING TIPS



STEP 1

Be Prepared & Be Safe

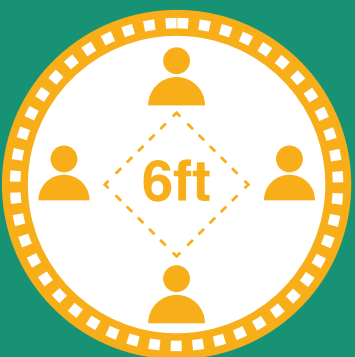
- Prepare a healthy list (fruits, vegetables, meat, cleaning supplies & household items).
- Only ONE person to shop.
- Verify local grocery store hours.
- Take gloves, face masks, and sanitizing (wipes or liquid) in a disposable bag.



STEP 2

Before You Shop

- Exit vehicle and put on gloves and face mask.
- Wipe down shopping cart/basket with sanitizing wipes.
- Maintain a distance of 6 feet apart.



STEP 3

While You Shop

- Limit time in-store.
- Buy only what you need.
- Shop with sight not touch.
- Avoid touching unnecessary surfaces (face, keys, phone, or other items).



STEP 4

After You Shop

- Before entering vehicle: remove gloves, place in bag and dispose.
- Use hand sanitizer immediately after.
- When home, properly wash hands.
- Rinse all produce. Wipe down food items with soap and water or sanitizing wipes.



Navajo Health Command Operation Center
Phone: 928.871.7014
Info Email: coronavirus.info@nndoh.org

www.ndoh.navajo-nsn.gov/COVID-19

#DineDabidziil